

# Mountain Eagle Karate Academy

*"Fly Like an Eagle"*



Issue 7

August - September 2011

[www.mountaineaglekarate.com](http://www.mountaineaglekarate.com)

## Students of the Month

Renshi and Sensei select the students of the month based upon: attendance, attitude, improvement, and hard work.



**Natalia & Maya Chavez (Beginners)**



**Anthony Moreno (Intermediate/Advanced)**

## Tournament Results

### July 21-24 USKA World Championships, Dallas

Sensei Anna Gorman - Black Belt Women's:  
1<sup>st</sup> Place sparring; 2<sup>nd</sup> Place kata

## Upcoming Events

### **Seminar with O'Sensei Robert Bowles:**

**September 17, 2011** is the annual Canon City, CO seminar with O'Sensei Robert Bowles, Grandmaster and head of the Shuri-Ryu Style. Cost is \$100 if pre-registered and \$125 at the door and includes an all-day karate seminar followed by a barbeque dinner hosted by Kyoshi Lon Bradfield. See Sensei Anna for further details.



### **Upcoming Tournaments:**

- Sept. 10** USKA/NMSKA Tournament, Santa Fe, NM
- Oct. 15** USKA Tournament, Eagle, CO
- Oct. 29** USKA Southwest Regionals, Albuquerque, NM
- Dec. 3** New Mexico State Championships, Santa Fe, NM

See the USKA web site for more information:  
<http://www.uska.net/Events.aspx>

**Dojo Picnic**

The dojo picnic (see pictures on page 5), held June 16, was lots of fun. The winners of the karate definition challenge are:

1st place: Madalyn Nilsson - BBC

2nd place: Jerry Waltz - BBC

3rd place: Isabella Reitz - BBC

4th place: Eric Osmon - BBC

**Dojo Expansion**

A very large “thank you” to the many people who assisted with the recent dojo expansion!



**Shuri Ryu Corner**



Students and parents can find videos showing Shuri Ryu standards at the

**Mountain Eagle YouTube channel:**

<http://www.youtube.com/user/MountainEagleKarate>

Posted standards include the Blocking Drill, Animal Forms, and Ippons 1-5 (click on Uploads to view all standards up to Blue Belt). You can also view videos of Mountain Eagle karate-ka at tournaments.



Here are few ways to recognize our Shuri Ryu style. You can find a more extensive list at:

<http://www.shuri-ryu.com/wtr.htm>

- Stances exceptionally low in kata form.
- Fist - index finger under curled thumb.
- Hips - rotate with a definite forward movement.
- Blocks - 5 major blocks, all start spiraling at wrists and spiral until completion of block.
- Head snap when turning.
- Wide eye stare.
- Eight faces - the art of looking or expression (hyojo do). (Confidence, Friendly, Solemn, Unconcerned, Contempt, Shock, Fear, Anger)
- Te-katana and te-uke covers - very obvious in all Shuri-ryu techniques and katas.

- Body - always relaxed until exact moment of completing technique.
- Form sparring, stance sparring, free exercise (jiju undo).
- Ippons, taezus, and kihons.
- Mention of MATSUMURA, MOTOBU, HSING, and TRIAS
- Pine tree - stands for strength, endurance, and longevity, a) Black with red sun -teacher standards b) black - Dan standards c) white - basic standards

**Leadership Team & Black Belt Club**

New *Leadership Team* Member: **Bob Patton**

Welcome to our new *Black Belt Club* Members: **Preston Adams, Jonathan Corfield, Lance Radnich, and Trinity Eckstein**



**Media**

MEKA is on ,  and  Picasa..  
 See our website: [www.mountaineaglekarate.com](http://www.mountaineaglekarate.com)

**Promotions**

***Students promoted during June:***

*Black Belt Club Adults*

Kathy Ulrich-6<sup>th</sup> Kyu Blue

*Black Belt Club Children*

Davis Wang-4<sup>th</sup> Kyu Purple

Jared Eldridge-4<sup>th</sup> Kyu Purple  
 Eric Chambers-5<sup>th</sup> Kyu Green  
 Ryan Chambers-5<sup>th</sup> Kyu Green  
 Josh Chambers-5<sup>th</sup> Kyu Green  
 Matthew St. Ledger-5<sup>th</sup> Kyu Green  
 Preston Adams-7<sup>th</sup> Kyu Yellow  
 Jonathan Corfield-7<sup>th</sup> Kyu Yellow  
 Lance Radnich-7<sup>th</sup> Kyu Yellow  
 Trinity Eckstein-7<sup>th</sup> Kyu Yellow

*Young Eagles*

Rivae Aragon-Blue Striped  
 Morgan Mcttose-Blue Striped  
 Benicio Gutierrez-Blue Striped  
 Maya Chavez-Yellow Striped  
 Natalia Chavez-Yellow Striped  
 Jason Ngo-Yellow Striped  
 Alex Bingham-Yellow Striped  
 Austin Bingham-Yellow Striped  
 Josh Finkel-Yellow Striped

*Tiny Eagles*

Mateo Gonzalez-Orange Striped

***Students promoted during July:***

*Black Belt Club Adults*

Stacy Sonchar-6<sup>th</sup> Kyu Blue

*Black Belt Club Children*

Catherine Chambers-5<sup>th</sup> Kyu Green  
 Jerry Walz-5<sup>th</sup> Kyu Green  
 Amy Swahlan-5<sup>th</sup> Kyu Green  
 Preston Adams-6<sup>th</sup> Kyu Blue  
 Jonathan Corfield-6<sup>th</sup> Kyu Blue

*Young Eagles*

Kai Mattson-Blue Striped  
 Kayla Sonchar-Blue Striped  
 Adrian Sonchar-Blue Striped  
 Madajah Baca-Blue Striped

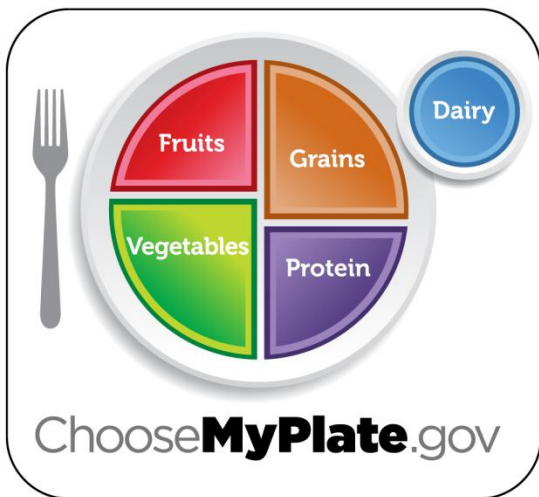
*Tiny Eagles*

Pat Blewett-Yellow Striped  
 Piper Wiese-Yellow Striped  
 Noor Hijazi-Orange Striped

*Our next testing week will be in end of August.*

**Safety and Health**

Did you know that the U.S. Department of Agriculture has replaced the “food pyramid” with a new, easy to understand system? It is called “my plate.” At the web site <http://www.choosemyplate.gov/> you can find lots of good information to help you with your healthy diet including sample menus and recipes.



**Contact Information**

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**2011 MEKA Summer Picnic July 16**